

Day	Lesson	Time	7	8	9	10	11	
Monday	8.30 Workout		Motivational Monday					
	1	9.00 - 9.45	Music	Drama	History	Normal lesson timetable	Assembly	
	2	10.00 - 10.45	Science	English	Maths		Normal lesson timetable	
	3	11.30 - 12.15	Maths	Science	IT			
	4	12.30 - 1.15	History	Geography	English			
	5	2.00 - 2.45	English	Maths	Science			
	6	2.50 - 3.35						
Tuesday	8.30 - 8.50		Assembly			"Stay Connected" (Mental well-being tips & advice)		
	1	9.00 - 9.45	Geography	History	RE	Normal lesson timetable		
	2	10.00 - 10.45	English	Science	Drama		Normal lesson timetable	
	3	11.30 - 12.15	Maths	English	Science			
	4	12.30 - 1.15	Science	Geography	Maths			
	5	2.00 - 2.45	History	Maths	English			
	6	2.50 - 3.35						
Wednesday	8.30 Workout		Well-Being Wednesday					
	1	9.00 - 9.45	Art	Science	English	Normal lesson timetable		
	2	10.00 - 10.45	Science	RE	Maths		Normal lesson timetable	
	3	11.30 - 12.15	Maths	MFL	Science			
	4	12.30 - 1.15	English	Maths	Geography			
	5	2.00 - 2.45	Drama	English	Art			
	6	2.50 - 3.35						
Thursday	8.30 - 8.50		"Stay Connected" (Mental well-being tips & advice)			Assembly		
	1	9.00 - 9.45	English	Maths	Science	Normal lesson timetable		
	2	10.00 - 10.45	RE	DT	Music		Normal lesson timetable	
	3	11.30 - 12.15	Science	IT	Maths			
	4	12.30 - 1.15	Geography	Science	MFL			
	5	2.00 - 2.45	MFL	English	History			
	6	2.50 - 3.35						
Friday	8.30 Workout		Fitness Friday					
	1	9.00 - 9.45	English	Art	Maths	Normal lesson timetable		
	2	10.00 - 10.45	Science	Maths	Geography		Normal lesson timetable	
	3	11.30 - 12.15	DT	History	Science			
	4	12.30 - 1.15	IT	Science	DT			
	LFT	1.15 - 13.30	Assembly	Assembly	Assembly			Assembly
	5	2.00 - 2.45	Maths	Music	English			
	6	2.50 - 3.35						

WEEK A	Lesson	Time	Year 10 X Band	Year 10 Y Band	Year 11 X Band	Year 11 Y Band
Monday	8.30 Workout		Motivational Monday			
	1	9.00 - 9.45	English	Maths	Assembly	
	2	10.00 - 10.45	Maths	English	Option Block A	
	3	11.30 - 12.15	Science	Critical Thinking	English	Maths
	4	12.30 - 1.15	Critical Thinking	Science	Maths	English
	5	2.00 - 2.45	Option Block C		PE Core	Science
	6	2.50 - 3.35			Science	PE Core
Tuesday	8.30 - 8.50		"Stay Connected" (Mental well-being tips & advice)		Stay Connected "Stay Connected" (Mental well-being tips & advice)	
	1	9.00 - 9.45	Option Block A			
	2	10.00 - 10.45	Option Block A		RE/Critical thinking	Science
	3	11.30 - 12.15	PE	Science	English	Maths
	4	12.30 - 1.15	Science	PE	Maths	English
	5	2.00 - 2.45	English	Science	Option Block B	
	6	2.50 - 3.35			Option Block C	
Wednesday	8.30 Workout		Well-being Wednesday		Well-being Wednesday	
	1	9.00 - 9.45	Maths	English		
	2	10.00 - 10.45	English	Maths	Option Block B	
	3	11.30 - 12.15	Science	PSHE	English	Maths
	4	12.30 - 1.15	PSHE	Science	Maths	English
	5	2.00 - 2.45	Option Block C		Science	RE/Critical thinking
	6	2.50 - 3.35			Option Block A	
Thursday	8.30 - 8.50		Assembly			
	1	9.00 - 9.45	Science	Maths	Assembly	
	2	10.00 - 10.45	Option Block D		RE/Critical thinking	Science
	3	11.30 - 12.15	Option Block B		English	Maths
	4	12.30 - 1.15	Option Block A		Maths	English
	5	2.00 - 2.45	Maths	English	Science	RE/Critical thinking
	6	2.50 - 3.35			Option Block B	
Friday	8.30 Workout		Fitness Friday			
	1	9.00 - 9.45	Option Block B			
	2	10.00 - 10.45	Option Block C		Science	RE/Critical thinking
	3	11.30 - 12.15	Maths	English	Option Block C	
	4	12.30 - 1.15	English	Maths	Option Block C	
	LFT	1.15 - 13.30				
	5	2.00 - 2.45	Option Block D		Re/Critical thinking	Science

	6	2.50 - 3.35			Option Block A
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WEEK B	Less on	Time	Year 10 X Band	Year 10 Y Band	Year 11 X Band	Year 11 Y Band
Monday	8.30 Workout		Motivational Monday			
	1	9.00 - 9.45	English	Maths	Assembly	
	2	10.00 - 10.45	Maths	English	Option Block A	
	3	11.30 - 12.15	Science	Critical thinking	English	Maths
	4	12.30 - 1.15	Critical thinking	Science	Maths	English
	5	2.00 - 2.45	Option C		PE	Science
	6	2.50 - 3.35			Science	PE
Tuesday	8.30 - 8.50		"Stay Connected" (Mental well-being tips & advice)			
	1	9.00 - 9.45	Option Block B		"Stay Connected" (Mental well-being tips & advice)	
	2	10.00 - 10.45	Option Block A		RE/Critical thinking	Science
	3	11.30 - 12.15	PE	Science	English	Maths
	4	12.30 - 1.15	Science	PE	Maths	English
	5	2.00 - 2.45	English	Science	Option Block B	
	6	2.50 - 3.35			Option Block C	
Wednesday	8.30 Workout		Well-being Wednesday			
	1	9.00 - 9.45	Maths	English		
	2	10.00 - 10.45	English	Maths	Option Block B	
	3	11.30 - 12.15	Science	PSHE	English	Maths
	4	12.30 - 1.15	PSHE	Science	Maths	English
	5	2.00 - 2.45	Option Block C		Science	PSHE
	6	2.50 - 3.35			Option Block C	
Thursday	8.30 - 8.50		Assembly			
	1	9.00 - 9.45	Science	Maths	Assembly	
	2	10.00 - 10.45	Option Block D		Re/Critical thinking	Science
	3	11.30 - 12.15	Option Block D		English	Maths
	4	12.30 - 1.15	Option Block B		Maths	English
	5	2.00 - 2.45	Maths	English	Science	RE/Critical thinking
	6	2.50 - 3.35			Option Block B	
Friday	8.30 Workout		Fitness Friday			
	1	9.00 - 9.45	Option Block B			
	2	10.00 - 10.45	Option Block A		Science	Re/Critical thinking
	3	11.30 - 12.15	Maths	English	Option Block A	
	4	12.30 - 1.15	English	Maths	Option Block A	
	LFT	1.15 - 13.30				

	5	2.00 - 2.45	Option Block D		PSHE	Science
	6	2.50 - 3.35			Option Block C	

Year 10 Option Blocks				Year 11 Option Blocks		
Option Block A	Option Block B	Option Block C	Option Block D	Option Block A	Option Block B	Option Block C
Computing	Business	Art	Business	Art	Art	Business
Engineering	History	Computing	Drama	Business	Business	Computing
Food Tech	Health and Social Care	Engineering	Food	Computing	Computing	Engineering
Geography	Intervention	History	Geography	Drama	Engineering	History
History	Product Design	Media	History	Product Design	French	Media
Intervention	PE	Music	PE	History	Geography	Music
PE	RE	Photography	Working skills	PE	History	PE
Spanish	Triple Science	Working skills		Triple Science	PE	Photography
				Working Skills	Spanish	
					Working skills	